





Ultimate Fit Chick

502 W. 2nd St.
 Elmira, NY 14901
 Phone: 315-784-1215
 www.ultimatefitchick.com

JULY 2021

Schedule is subject to change. Please visit our website or "like us" on Facebook for up to date class information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30-6:00 AM Virtual* Yoga for Core Conditioning 5:15-6:00 PM Pound	2 5:15-6:15 PM Cardio & Conquer	3 CLOSED
4 CLOSED Happy 4 th of July! 	5 5:15-6:00 PM Zumba 6:15-7:15 PM Dance Fit Divas w/Marla	6 5:30-6:00 AM Virtual* Yoga for Weight Loss 10:30-11:30 AM Gentle Yoga 5:15-6:15 PM Cardio & Conquer	7 10:30-11:15 AM Barre 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	8 5:30-6:00 AM Virtual* Yoga for Core Conditioning 5:15-6:00 PM Pound	9 5:30-7:30 PM  Bethany's Baby Shower	10 8:30-9:30 AM Cardio & Conquer
11 9:00-10:00 AM Yoga	12 5:15-6:00 PM Zumba 6:15-7:15 PM Dance Fit Divas w/Marla	13 5:30-6:00 AM Virtual* Yoga for Weight Loss 10:30-11:30 AM Gentle Yoga 5:15-6:15 PM Choose Your Intensity	14 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	15 5:30-6:00 AM Virtual* Yoga for Core Conditioning 5:15-6:00 PM Pound	16 CLOSED	17 9:00-10:00 AM Fusion class: Choose Your Intensity & Barre
18 9:00-10:00 AM Yoga	19 5:15-6:00 PM Zumba	20 5:30-6:00 AM Virtual* Yoga for Weight Loss 10:30-11:30 AM Gentle Yoga 5:15-6:00 PM Pound	21 5:15-6:00 PM Strong Nation 6:15-7:00 PM Gentle Yoga	22 5:30-6:00 AM Virtual* Yoga for Core Conditioning 5:15-6:00 PM Pound	23 CLOSED	24 9:00-10:00 AM Cardio & Conquer
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Class Instructors:
 Jessica Janowsky – Studio Owner, Yoga, Barre, Youth & Special Programs
 Meghan Mathers – Zumba®, Strong Nation®
 Tara McLaughlin – Cardio & Conquer
 Bethany Peris – Pound®

Memberships & Class Payment Options:
 Ultimate Monthly Membership: \$40.00
 Drop-in fee: \$10 per class
 Thank you for your patronage!